

AGELESS TAEKWONDO PROGRAM

**MODIFIED TAKEWONDO
FOR OLDER AUSTRALIANS**



AGELESS
TAEKWONDO

The Ageless Taekwondo Program, developed by an accredited Exercise Physiologist, uses modified Taekwondo exercises to address:

- › falls prevention
- › cardiovascular and musculoskeletal health, and
- › social and psychological well-being.



BENEFITS OF THE PROGRAM

- › Developed by an accredited Exercise Physiologist
- › Facilitated by nationally accredited instructors in a safe, accessible, community environment
- › Affordable
- › Meet new people
- › Develop new physical and mental skills
- › Build strength and fitness
- › Decrease your falls risk
- › Become a member of the Australian Taekwondo Community

COME ALONG TO FIND OUT HOW THE SPORT IS IMPROVING THE HEALTH AND HAPPINESS OF OLDER AUSTRALIANS.

For more details, please contact: